

Amendments to the Claims

This listing of claims will replace all prior listings of claims in the application.

Listing of Claims

1. (Original) A sliding board, especially a ski, with a running sole, an upper shell, a lower web and a core and also with at least one element for arranging and if appropriate guiding at least one binding element on the upper side of the sliding board, which element is connected to the sliding board body by means of at least one anchoring element and comprises in particular at least one rail-type guide element, characterized in that the anchoring element(s) (9, 9', 9'', 19) is (are) integrated into the core (5, 5'') when it is foamed and is (are) retained by the hardened foam.

2. (Original) The sliding board as claimed in claim 1, characterized in that the anchoring element(s) (9, 9', 9'', 19) is (are) inserted through at least one preformed opening in the upper shell (4, 4'').

3. (Currently Amended) The sliding board as claimed in claim ~~1 or 2~~, characterized in that the opening(s) in the upper shell (4, 4'') surround(s) the anchoring element(s) (9, 9', 9'', 19) without a gap.

4. (Currently Amended) The sliding board as claimed in ~~claim 1, one of claims 1 to 3~~, characterized in that the anchoring elements (9, 9', 9'', 19) are provided with indentations, grooves, cutouts, openings and the like.

5. (Currently Amended) The sliding board as claimed in ~~claim 1, one of claims 1 to 4~~, characterized in that the

anchoring elements (9, 9', 9'', 19) are pin-shaped or bolt-shaped or elongate parts made in one piece with the element comprising in particular a rail-type guide element.

6. (Currently Amended) The sliding board as claimed in claim 1, one of claims 1 to 5, characterized in that the anchoring elements (9, 9', 9'', 19) bear parts which are placed, pushed and/or screwed onto them and which enlarge the surface for adhesion to the core material.

7. (Currently Amended) The sliding board as claimed in claim 1, one of claims 1 to 6, characterized in that two or more anchoring elements (9) are interconnected by one or more plate-shaped connecting elements (10).

8. (Original) A method for producing a sliding board, especially a ski, in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and if appropriate steel edges, and the core is formed by filling the interspace with foamed material, characterized in that an element comprising in particular at least one guide element (6, 6', 6'', 6''') and intended for arranging and if appropriate guiding a binding element is, by means of at least one anchoring element (9, 9', 9'', 19), passed through at least one opening (10) in the preformed upper shell (4, 4'''), the sliding board upper part and lower part are joined together, and the core (5, 5''') is then foamed, so that the anchoring element(s) (9, 9', 9'', 19) is (are) connected to the core (5, 5''') when the foam hardens.

9. (Original) The method as claimed in claim 8, characterized in that the gap between the shank (9''') of the anchoring element(s) (9''') and the opening (10) is covered

from the underside by a sealing compound (14) when the anchoring element(s) (9''') have been positioned.

10. (Original) The method as claimed in claim 9, characterized in that the sealing compound (14) consists of an elastomeric material, and is, for example, a silicone sealing compound.

11. (Original) The method as claimed in claim 9, characterized in that the sealing compound is an adhesive.

12. (Original) The method as claimed in claim 8, characterized in that the anchoring elements (9''') are in each case provided, in their region resting on the upper shell (4'''), with a cutting edge (17) running around the opening (10), which edge is pressed into the upper shell (4''') either during positioning of the anchoring element (9''') or during pressing of the sliding board.

13. (Currently Amended) A sliding board, especially a ski, which is produced in accordance with claim 8 ~~one or more of claims 8 to 12.~~